

#### ABSTRACT OF THE DISCLOSURE

A dance shoe adapted for urging a foot into an arch shape includes a shoe upper and a sole attached to the shoe upper, the sole having a heel region, a toe region and an arch extending between the heel region and the toe region. The heel of the shoe defines a horizontally extending ground plane, and the arch is sufficiently curved so that the toe region is projected downwardly below the horizontally extending ground plane. When a dancer's foot is inserted into the dance shoe, the shoe upper and the sole cooperate for urging the dancer's foot to move into a point position.

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